

A confidential, voluntary donation of \$2 per meal is suggested. Guests under 60 are welcome to join us for lunch at a cost of \$3.50.
   
**SENIOR LUNCH MENU**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
15	16	17	18	19
22	23	24	25	26
29				

In observance  
 of Presidents' Day,  
 no lunch will be served today.

TAKE YOUR PICK:  
 EACH DAY, YOU MAY  
 SELECT FROM A HOT OR  
 COLD LUNCH

\*\*Indicates a high-sodium meal.  
 (V) Indicates a vegetarian item.  
 Please see your meal site coordinator for sodium and calorie details.  
 NOTE: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance, or you may call 781-324-7705 ext. 300.

VALENTINE'S DAY SPECIAL



JOIN US FOR LUNCH

ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and less than 1,200 mg of sodium per meal. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,200 milligrams of sodium.

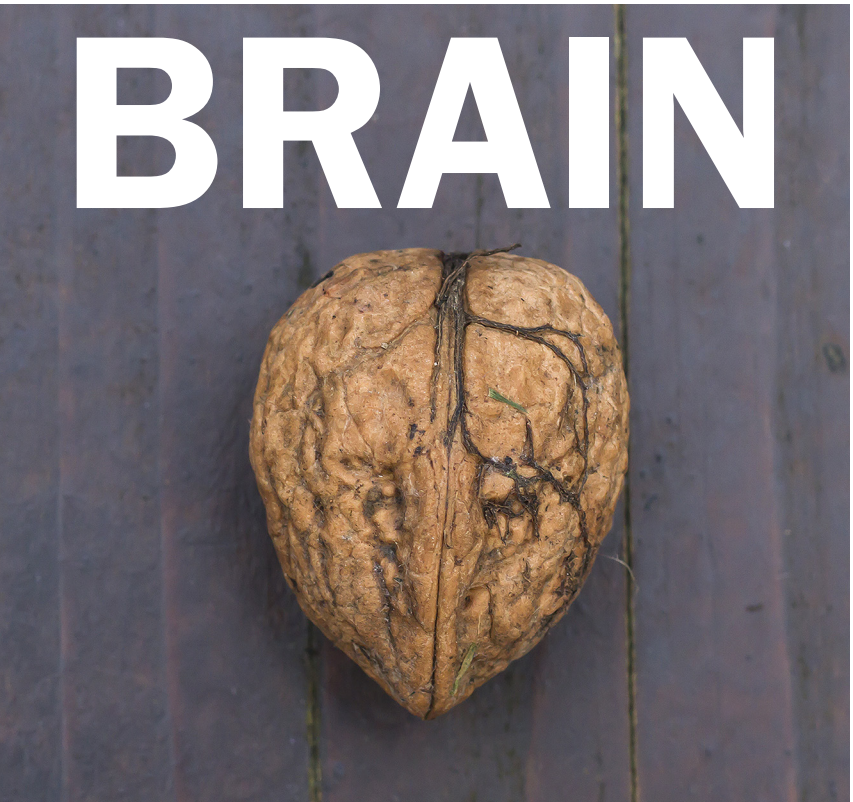
Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.

FEED YOUR BRAIN

*The foods you choose will affect your memory & cognitive function*

The MIND diet was developed by Martha Clare Morris, Ph.D., as a dietary approach to combating Alzheimer’s disease. The MIND diet has been associated with a slower rate of cognitive decline: folks who follow the MIND diet have been shown to be 53% less likely to develop Alzheimer’s disease than those who do not. Even modest dietary improvements based on the MIND pattern could be beneficial — it’s not necessary to entirely overhaul your eating plans and habits. The MIND pattern emphasizes natural plant-based foods and limited intakes of animal and high saturated-fat foods, while taking advantage of the cognitive benefits of berries and green leafy vegetables.



Basic components of the MIND diet

Every **DAY** include —

- Whole grains: at least 3 servings
- Green leafy vegetables: at least 1 serving
- Other veggies: at least 1 serving
- Wine: 1 serving
- Olive oil: use as primary oil

And each **WEEK** include —

- Berries: at least 2 servings
- Fish: at least 1 serving
- Poultry: at least 2 servings
- Beans: at least 3 servings
- Nuts (unsalted): at least 5 servings



And **REDUCE** your consumption of other foods —

- Red meats: fewer than 4 servings/week
- Fast/fried food: less than 1 serving/week
- Butter/margarine: less than 1 Tbsp/day
- Cheese: less than 1 serving/week
- Pastries/sweets: less than 5 servings/week